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INTRODUCTION

This guide has been developed to assist and support Life Saving Victoria's members to choose their development and training pathways. The document contains useful information on suggested learning pathways. These pathways are not intended to be compulsory, but to be used as a guide for members as they progress through the different aspects of lifesaving in Victoria.

What is nationally recognised training?

A course that leads to vocational qualifications or units(s) of competency that are recognised across Australia. Only Registered Training Organisations, such as Life Saving Victoria that meet quality standards can provide this type of training. Many courses that you could participate in will be nationally recognised. These units of competencies are not only recognised in lifesaving but also other industries. For more information please contact Life Saving Victoria.



Helicopter Crew LIFESAVING AWARDS PATHWAYS **Marine Rescue Vessel Driver LSV Communications Operators** (LSV Comms) **Gold Medallion Marine Rescue Vessel Crew Radio Operator Certificate Silver Medallion Aquatic Rescue Rescue Water Craft Operator Advanced Resuscitation** (RWC) **Techniques Certificate (ARTC) RADIO AWARDS** Silver Medallion Basic Beach Silver Medallion Inflatable Rescue Management (BBM) **Boat Driver Certificate (IRBD) Spinal Management** Bronze Medallion (BM) / Cert II in Public Safety (Aquatic Inflatable Rescue Boat Crew **Assessors Certificate** Apply (Senior) First Aid (SFA) Rescue) Certificate (IRBC) **All Terrain Vehicle Operator Training Officer Certificate Surf Rescue Certificate (SRC) Resuscitation Certificate Certificate (ATV)** (TOC) **FIRST AID & EMERGENCY TRAINER & ASSESSOR AQUATIC RESCUE POWERCRAFT AWARDS**

CARE AWARDS



AWARDS

AWARDS

AQUATIC RESCUE AWARDS

COURSE TITLE

Surf Rescue Certificate (SRC)

PRE - REQUISITES

13 years +

DESCRIPTION

Provides participants with basic patrolling and surf awareness knowledge, in order to be able to participate in basic lifesaving operations.

OUTCOME

Participants will be able to participate in patrols under the guidance of more experienced patrolling members. They can continue to develop their skills by completing their Bronze Medallion.

COURSE TITLE

Bronze Medallion / Certificate II in Public Safety (Aquatic Rescue)



PRE - REQUISITES

15 years +

DESCRIPTION

Provides participants with patrolling and surf awareness knowledge, in order to be able to participate in basic lifesaving operations.

OUTCOME

Participants will be able to participate in patrols. They can further develop their skills by completing their Gold Medallion and/or complete any first aid/ emergency care awards.

COURSE TITLE

PRE - REQUISITES

Silver Medallion Basic Beach Management



- 17 years +
 - Proficient in Bronze Medallion award or
 - Hold a Bronze Medallion and be proficient in one of the following :
 - o Radio Operator Certificate
 - Advance Resuscitation Techniques Certificate
 - o Apply (Senior) First Aid
 - Spinal Management

DESCRIPTION

Provides participants with the skills, knowledge and experience to manage a beach in emergency and non-emergency situations.

OUTCOME

Participants will have the skills to be able to become a Patrol Captain.



COURSE TITLE

Silver Medallion Aquatic Rescue



PRE - REQUISITES

- 16 years +
- Proficient in Bronze Medallion

DESCRIPTION

Provides participants with advanced skills and knowledge to effectively coordinate search and rescue operations.

OUTCOME

Participants will become advanced patrolling members and have the competencies to coordinate aquatic rescues.

COURSE TITLE

Gold Medallion



PRE - REQUISITES

- 17 years +
- Proficient in Advanced Resuscitation Techniques Certificate
- Proficient in Senior First Aid
- Proficient in Bronze Medallion
- Proficient in Basic Beach Management
- Proficient in Spinal Management

DESCRIPTION

Provides participants with advanced skills and knowledge to manage emergency situations in autonomous situations.

OUTCOME

Participants will become advanced patrolling members and have the competencies to potentially gain employment as a Lifeguard.



FIRST AID & EMERGENCY CARE AWARDS

COURSE TITLE

Resuscitation Certificate

PRE - REQUISITES

• 10 years +

DESCRIPTION

Provides participants with the knowledge and skills to perform CPR during an emergency incident.

OUTCOME

Participants will be able to perform CPR during an emergency situation. They will be able to further develop their skills by completing their Advanced Resuscitation Techniques Certificate.

COURSE TITLE

Apply (Senior) First Aid (SFA)

PRE - REQUISITES

14 years +

DESCRIPTION

Provides participants with the skills and knowledge to manage an emergency first aid situation until professional medical support is available.

OUTCOME

Participants will become a specialised first aid patrolling member. They can further develop their skills by completing additional emergency care awards.





COURSE TITLE

Spinal Management

PRE - REQUISITES

- 15 years +
- Proficient in Senior First Aid or proficient in Bronze Medallion

DESCRIPTION

Provides participants with the skills, knowledge and experience to manage injured casualties with suspected spinal injuries in an aquatic environment and in emergency situations.

OUTCOME

Participants will become spinal management specialised patrolling members. They can further develop their skills by completing additional first aid or emergency care awards.

COURSE TITLE

Advanced Resuscitation Techniques Certificate (ARTC)

PRE - REQUISITES

- 15 years +
- Hold one of the following SLSA awards:
 - Bronze Medallion/ Certificate II in Public Safety (Aquatic Rescue)
 - Basic Emergency Care Certificate
 - o Apply (Senior) First Aid Certificate
 - o Resuscitation Certificate

DESCRIPTION

Provides participants with the skills and knowledge to use oxygen, airway management devices and automated defibrillators during resuscitation, and to administer oxygen to conscious or unconscious breathing casualties.

OUTCOME

Participants will become specialised resuscitation patrolling members. They can further develop their skills by completing additional first aid or emergency care awards.



RADIO AWARDS

COURSE TITLE

Radio Operator Certificate

PRE - REQUISITES

13 years +

DESCRIPTION

Provides participants with the skills and knowledge to perform basic communication practices.

OUTCOME

Participants will have the competencies to effectively and confidently use radios as a means of communication whilst patrolling.



POSITION

LSV Communication Centre Operator (LSV Comms)

PRE - REQUISITES

- 17 years +
- Written club endorsement

Desirable Qualifications

- Certificate II Public Safety (Aquatic Rescue) / Bronze Medallion
- Apply (Senior) First Aid
- Radio Operator Award

OUTCOME

Members with the desired qualifications can apply to become an LSV Comms Centre Operator. These roles are responsible for receiving and processing all emergency and non-emergency state-wide communications.



POWERCRAFT AWARDS

COURSE TITLE

All Terrain Vehicle Operator Certificate (ATV)

PRE - REQUISITES

- 18 years +
- Current drivers licence
- Proficient in either Bronze Medallion, Advance Resuscitation Techniques Certificate, Basic Beach Management or Spinal Management

DESCRIPTION

Provides participants with the skills and knowledge to safely and effectively operate an ATV for lifesaving purposes.

OUTCOME

Participants will be able to further assist on patrols by having the skills to drive the ATV.

COURSE TITLE

Inflatable Rescue Boat Crew Certificate (IRB Crew)

PRE - REQUISITES

- 15 years +
- Proficient in Bronze Medallion

DESCRIPTION

Provides participants with the skills and knowledge to effectively crew an IRB in rescue operations.

OUTCOME

Participants will be able to further assist on patrols by having the skills to crew an IRB. They can further develop these skills by completing their IRB Driver Certificate.

COURSE TITLE

Silver Medallion Inflatable Rescue Boat Driver Certificate (IRBD)



- **PRE REQUISITES**
- 17 years +
- Proficient in Bronze Medallion
- Proficient in IRB Crew Certificate
- Current Victorian boat licence

DESCRIPTION

Provides participants with the skills and knowledge to effectively drive an Inflatable Rescue Boat in rescue operations.

OUTCOME

Participants will be able to further assist on patrols by having the skills to drive an IRB.



COURSE TITLE

Rescue Water Craft Operator Certificate (RWC)

- **PRE REQUISITES**
- 18 years +
- Bronze Medallion and Certificate II Public Safety (Aquatic Rescue)
- Current Victorian drivers license with the ability to operate a tow vehicle
- Current Victorian boat licence

DESCRIPTION

Provides participants with the skills and knowledge to effectively drive and manage a Rescue Water Craft in rescue operations.

OUTCOME

Participants will become a Rescue Water Craft Operator and be able to be a part of further lifesaving services.

POSITION

Marine Rescue Vessel Crew

PRE - REQUISITES

- 16 years +
- Rescue crewperson must be proficient in Bronze Medallion and Certificate II Public Safety (Aquatic Rescue)
- Other crewpersons (non-rescue crewperson) must have completed the unit of competency "Survive at sea in the event of vessel abandonment"

OUTCOME

Members will have the qualifications to become Marine Rescue Vessel Crew and be able to participate in additional lifesaving services. They can further their skills by being a Marine Rescue Vessel Skipper.





POSITION

Marine Rescue Vessel Skipper

PRE - REQUISITES

- 18 years +
- Possess a valid state boating licence
- Certificate II Transport and Distribution (Maritime Operations)
- Current Coxswains qualification or higher

OUTCOME

Members will have the qualifications to operate a Marine Rescue Vessel and be able to participate in additional lifesaving services.

POSITION

Helicopter Crew

PRE - REQUISITES

- Bronze Medallion/ Certificate II in Public Safety (Aquatic Rescue)
- Apply (Senior) First Aid Certificate
- Spinal Management Certificate
- Advance Resuscitation Techniques Certificates
- Participants will go through a selection process which will include fitness and operational testing as well as an interview

OUTCOME

Once selected, members will be a helicopter crew person and be able to participate in additional lifesaving services.





TRAINER & ASSESSOR AWARDS

COURSE TITLE

Training Officer Certificate

PRE - REQUISITES

• 16 years +

DESCRIPTION

Provides participants with the skills, knowledge and experience to deliver quality training of lifesaving awards.

OUTCOME

Participants will be able to train other club members. They can further develop their skills by completing the Assessors Certificate. Following the course members will undertake supervised training.

COURSE TITLE

Assessors Certificate

PRE - REQUISITES

18 years +

DESCRIPTION

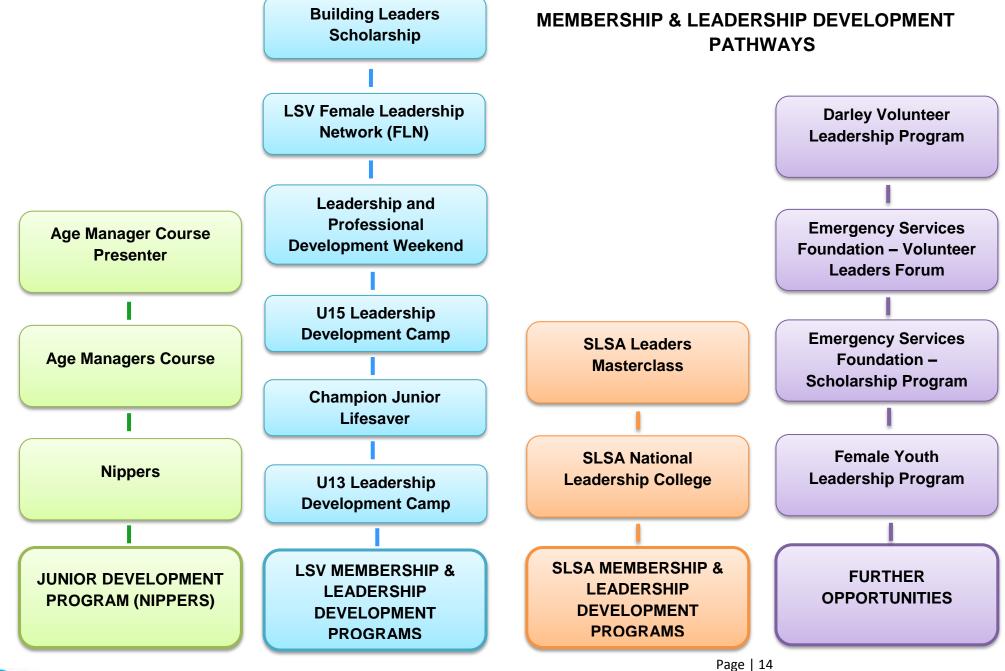
Provides participants with the skills, knowledge and experience to competently assess lifesaving awards.

OUTCOME

Participants will be able to assess club training courses. They can further develop their skills by completing the Training Officer Certificate. Following the course members will undertake supervised assessing.

NOTE: Trainers, Assessors and Facilitators are required to hold the award they wish to deliver and complete an endorsement process in order to deliver lifesaving awards.







JUNIOR DEVELOPMENT PROGRAM (NIPPERS)

PROGRAM

Nippers

TARGET GROUP

• Children between the ages of 5 and 13

DESCRIPTION

Nippers is a National Program that teaches kids the basic lifesaving skills required to be safe around an aquatic environment as well as developing their skills to compete in surf sports. The program includes lessons that are tailored to each of the junior member age groups.



COURSE

Age Managers Course

TARGET GROUP

- Nipper Parents
- Work with Children Check

DESCRIPTION

Age Managers Accreditation is compulsory for all members delivering Junior Lifesaving Programs at their club. This course ensures that Age Managers are aware of their obligations towards junior lifesavers, and also provides them with the skills to assist Nippers in their growth towards being future lifesavers.

COURSE

Age Manager Course Presenter

TARGET GROUP

Members who have experience in teaching or facilitating

DESCRIPTION

The Age Manager Presenter Course gives participants the tools and skills necessary to be able to facilitate their own Age Managers Course.



LSV MEMBERSHIP AND LEADERSHIP DEVELOPMENT PROGRAMS

PROGRAM

U13 Leadership Development Camp

TARGET GROUP

• 12 – 13 year olds

DESCRIPTION

The three day camp aims to provide participants with new and exciting activities in relation to lifesaving and leadership skills. It also aims to facilitate the establishment of lifelong friendships.



PROGRAM

Champion Junior Lifesaver

TARGET GROUP

13 – 15 year olds who have their SRC

DESCRIPTION

The aim of Champion Junior Lifesaver is to showcase the important contribution of our youth members to lifesaving as well as encouraging the development of strong, confident and committed youth members. The purpose is to build participants confidence, self-esteem and personal belief that through hard work and dedication they can achieve personal goals as well as contribute to their community in a positive, meaningful way.

PROGRAM

U15 Leadership Development Camp

TARGET GROUP

14 – 15 year olds

DESCRIPTION

The three day camp is designed to develop participant's leadership skills and further develop interpersonal skills in a safe and supportive environment, by challenging participants with problem solving tasks, trust and teamwork exercises.



PROGRAM

Leadership and Professional Development Weekend

TARGET GROUP

• 18 – 25 year old current and aspiring leaders

DESCRIPTION

The weekend provides leaders with the opportunity to excel both personally and professionally through meaningful workshops, advanced leadership development, exposure to motivational speakers and the chance to engage and network with young established leaders within lifesaving.

PROGRAM

LSV FEMALE LEADERSHIP NETWORK (FLN)

TARGET GROUP

 Females aged 18+, including staff and volunteer members that have a genuine interest in networking, personal growth and professional development.

DESCRIPTION

The network aims to enhance the development of our female leaders and our future leaders by creating an environment that encourages socialisation and positive relationships between female participants. This will be achieved through a variety of activities, keynote speakers and networking events.



PROGRAM

Building Leaders Scholarship

TARGET GROUP

18 – 25 year old current leaders

DESCRIPTION

The Building Leaders Scholarship is conducted over a 6 month period and consists of 10 key sessions and 2 weeks abroad. It aims to engage and empower the participants by providing meaningful leadership development, specialised training and the opportunity to access advanced skills and knowledge under the guidance of mentors from lifesaving, business and the community.



SLSA MEMBERSHIP AND LEADERSHIP DEVELOPMENT

PROGRAM

SLSA National Leadership College

TARGET GROUP

 20-30 year olds who have demonstrated potential as a leader within lifesaving and an eagerness to pursue leadership roles in the future

DESCRIPTION

The College is a week long live in program based in Sydney. It is all about gaining an understanding of the skills required to be an effective leader and developing these skills in an interactive and dynamic environment. The College develops leadership skills and helps participants learn a great deal about themselves. It is designed for members to be able to apply their skills at a grass roots level; however these new skills can be also be applied in all areas within their life.



PROGRAM

SLSA Leaders Masterclass

TARGET GROUP

 Committee members who aspire to remain and progress in various club and state leadership roles in the future

DESCRIPTION

The aim of the Leaders Masterclass is to provide an opportunity for existing leaders within lifesaving to participate in a high-level leadership development program. The Masterclass will provide participants with an environment that will enable them to refresh and extend their leadership capabilities. No Leaders' Masterclass is ever the same, with participants' guiding the program content based on their identified development needs.



FURTHER OPPORTUNITIES

PROGRAM

Female Youth Leadership Program

TARGET GROUP

• Female members aged 16 – 18 years

DESCRIPTION

Life Saving Victoria in partnership with Game Changers Australia and Sport and Recreation Victoria provide a unique leadership development opportunity for 10 female members, aged 16 – 18 years, to be involved in a 3 day Female Youth Leadership Program. This program aims to develop young females as leaders in the sport and recreation sector.

At the end of the program participants are asked to complete volunteer work with their club, utilising the leadership tools and resources learnt at the camp.

PROGRAM

Emergency Services Foundation – Scholarship Program

TARGET GROUP

• Members of Victorian Emergency Services

DESCRIPTION

The purpose of the Emergency Service Foundation Scholarship is to enable fellowships and grants to volunteer members of Victorian emergency services and emergency health agencies, to assist them to undertake advanced studies in Australia or overseas.

PROGRAM

Emergency Services Foundation - Volunteer Leaders Forum

TARGET GROUP

Selected volunteers

DESCRIPTION

The Volunteer Leaders Forum is designed to expose volunteer leaders, and leaders of the future to a range of initiatives and developments in emergency management. Participants will gain an understanding into the latest policy, doctrine and technology that will assist in responding to emergencies and will result in better outcomes for the community.

PROGRAM

Darley Volunteer Leadership Program

TARGET GROUP

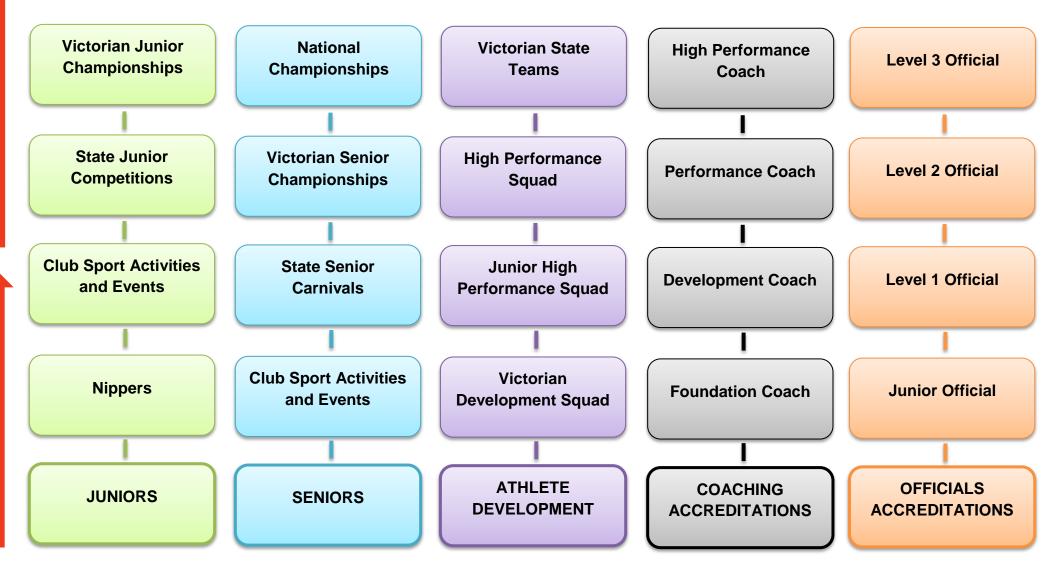
Selected volunteers

DESCRIPTION

The program will provide key volunteers with a nationally recognised qualification that will be useful in their career, as well as their role as an emergency service volunteer, and provide them with new skills and tools to utilise within their club.



AQUATIC SPORTS PATHWAYS





JUNIORS

PROGRAM

Nippers

DESCRIPTON

Please refer to page 15.

EVENT

Club Sport Activities and Events

DESCRIPTON

Clubs can hold events such as Club Championships or inter Club Carnivals, where junior members can become involved and further develop their skills learned through Nippers.

EVENT

State Junior Competitions

PRE REQUISITES

- Competition is open for U8 's- U14's
- Completion of the relevant competition evaluation award

DESCRIPTON

Life Saving Victoria in conjunction with the clubs, conduct various beach and pool competitions across the state. These events are a fantastic way to get kids moving and actively participating in sporting activities. Additionally, junior competition works together with the Junior Development Program, as it helps Nippers with their understanding of surf conditions and safety in and around the water.

EVENT

Victorian Junior Championships

PRE REQUISITES

- Completion of the relevant competition evaluation award
- Completion of the relevant junior surf education award
- U14 members need to have completed their Surf Rescue Certificate

DESCRIPTON

The State Championships are the pinnacle of junior lifesaving competition. At the end of each season State Championships are held for both beach and pool carnivals. Junior members are able to showcase their skills that they have developed throughout the season.



SENIORS

EVENT

Club Sport Activities and Events

DESCRIPTION

Clubs can hold events such as Club Championships, inter Club Carnivals, Ocean Swims or Fun Runs that members can become involved in and further develop their skills.

EVENT

State Senior Carnivals

PRE REQUISITES

- Completed and passed skills maintenance by 31 December
- Must be a financial and active member

DESCRIPTION

Life Saving Victoria in conjunction with the clubs, conduct various senior carnivals across the state. These carnivals include beach, pool and IRB and offer a range of disciplines that you can compete in. Engaging in regular competition is a great way to maintain skills and fitness as well as creating new friendships and developing comradery within clubs.





EVENT

Victorian Senior Championships

PRE REQUISITES

- Gained awards by close of entries or completed and passed skills maintenance by 31 December
- Completed the required patrol hour requirements prior to close of entries

DESCRIPTION

The State Championships are the pinnacle of lifesaving competition in Victoria. At the end of each season State Championships are held for beach, pool, masters and IRB carnivals. Members are able to showcase their skills that they have developed throughout the season in multiple disciplines.



EVENT

National Championships

PRE REQUISITES

• Completed the required patrol hour requirements prior to close of entries

DESCRIPTION

The Australian Surf Life Saving Championships, known as 'The Aussies' has become a major event on the Australian sporting landscape. It consists of a two week festival of Surf Life Saving sport action and includes:

- Australian Youth Surf life Saving Championships
- Australian Masters Surf Life Saving Championships
- Australian Open Surf Life Saving Championships

Other national sport events include National IRB and Pool Rescue Championships, Coolangatta Gold and Nutri-Grain Iron Man Series.



ATHLETE DEVELOPMENT

PROGRAM

Victorian Development Squad

TARGET GROUP

- Selection process is based on results from the Victorian Lifesaving Championships and Junior Carnivals from the previous season
- Under 12 to Under 15 athletes

DESCRIPTION

The Victorian Development Squad runs throughout the off season. The Squad provides athletes with additional coaching and skill training opportunities throughout the winter. The program includes surf skills, cross training, pool training and competition training and is directed to assist junior athletes in improving their skills and abilities.

PROGRAM

Junior High Performance Squad

TARGET GROUP

- Top three placing at the Victorian State Championships in individual disciplines, with special consideration for other performances
- Under 13 and Under 14 athletes

DESCRIPTION

The Junior High Performance Squad aims to provide athletes with coaching and skills training from some of the best coaches in the state. The group also aims to improve the standard of club training, with athletes expected to take the skills learnt back to their clubs.

PROGRAM

High Performance Squad

TARGET GROUP

- Top three placing at the Victorian State Championships in individual disciplines, with special consideration for other performances
- Under 15+ athletes

DESCRIPTION

This program is designed to complement training programs that athletes may be following through their clubs as well providing programming support for athletes without club coaches. It aims to improve the performance of Victorian athletes on a national scale, especially in representative teams.



PROGRAM

Victorian State Teams

TARGET GROUP

- Victoria's best athletes
- Under 13+ to open ages depending on the discipline

DESCRIPTION

The highest individual honour within the state is to represent Victoria against the rest of Australia. Life Saving Victoria's State Team athletes compete at a number of different interstate and friendly international competitions throughout the season. The teams include Beach, Pool, IRB, Surf Boat, Wielend Shield and Development State Teams.





COACHING ACCREDITATIONS

COURSE TITLE

Foundation Coach

PRE REQUISITES

- 16 years +
- Working with Children Check if 18 +

TARGET GROUP

- Parents of Nippers
- New club members
- · People with an interest in coaching

DESCRIPTION

The Foundation Coach course is a basic introduction to coaching. Participants can further develop their skills by completing the Development Coach Course.

COURSE TITLE

Development Coach

PRE REQUISITES

- 16 years +
- Working with Children Check if 18+

TARGET GROUP

- Parents of Nippers and athletes
- Lifesaving Trainers
- Current/Ex Competitors
- Partner National Sport Organisation coaches wishing to coach lifesaving athletes

DESCRIPTION

The Development Coach Course is for a coach who has chosen a specific discipline/s to coach participants. Participants can further develop their skills by completing Performance Coach Course.

COURSE TITLE

Performance Coach

PRE REQUISITES

- 16 years +
- Working with Children Check if 18 +

TARGET GROUP

- Ex competitors
- High performance partner National Sport Organisation coaches wishing to coach lifesaving athletes

DESCRIPTION

The Performance Coach Course is for a coach who is a specialist within their discipline, striving for a performance based outcome from their athletes. A Performance Coach is a mentor to other coaches and will be able to facilitate workshops in their disciplines.



COURSE TITLE

High Performance Group

PRE REQUISITES

- 16 years +
- Working with Children Check if 18+
- Performance Coach Accreditation

TARGET GROUP

• High Performance selected coaches

DESCRIPTION

A selected group of coaches who have been identified as leaders within their chosen field. Each member of this group will be supported with an individual Coach Performance Plan which will facilitate High Performance Coaches to be at the cutting edge of lifesaving sport at the highest level.



OFFICIALS ACCREDITATIONS

COURSE TITLE

Foundation Official

PRE REQUISITES

- 16 years +
- Working with Children Check if 18 years +

TARGET GROUP

- Parents
- Young members wishing to help out

DECRIPTION

The Foundation Officials Course is a basic introduction to officiating. Participants can further develop their skills by completing a Level 1 Officials Course.

COURSE TITLE

Level 1 Official

PRE REQUISITES

- 16 years +
- Working with Children Check if 18 years +

TARGET GROUP

- Experienced Junior Officials
- Ex-athletes
- Parents who are familiar with the sport

DECRIPTION

The level 1 Officials Course provides participants with the necessary skills and knowledge to officiate at sports events in various positions. Participants can further develop their skills by completing a level 2 Officials Course.

COURSE TITLE

Level 2 Official

PRE REQUISITES

- Level 1 Official
- Working with Children Check if 18 years +

TARGET GROUP

Experienced Level 1 Officials

DECRIPTION

The Level 2 Officials Course aims to provide an intermediate training program for experienced lifesaving Officials and enable them to further their career path in senior sports officiating positions.



COURSE TITLE

Level 3 Official

PRE REQUISITES

- Level 2 Official
- Working with Children Check if 18 years +

TARGET GROUP

- Nationally experienced
- Recognised Officials

DECRIPTION

A Level 3 Officials Course is an advanced training program for Officials acting primarily in the role as a carnival, area or sectional referee at major lifesaving events.

